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You are perfectly you

Let me start from the beginning, since the question is really a subset of a much bigger social problem. Most solutions that people propose, such as doing away with modeling, or showing a wider variety of female population (pertaining to race, height, and weight), or that men should simply just understand, are only solutions to the symptom, they are not solving the root problem that everything was derived from. Everything really boils down to one single concept.

The survival of the fittest

This is a natural law proposed by Darwin saying that only the strongest gets what they want, and the rest either dies or live in an oppress state. Every kid can observe this within our society. It is the prettiest girl that gets the boys, the strongest player that wins games, and the brightest students that wins scholarships. This is why the rich are suppressing the poor, American suppressing the third world countries. From this concept begets the idea of judgment. In order for us to distinguish the fittest, we must create competitions and judges. Everything in our society is a competition, and everybody judges everything we do. I know for a fact that some girls would literally walk down the mall and judge how pretty, fat, unfashionable, or slutty, every girl they walk by. Girls do it, and guys are no different. They judge every girl they walk by too.

Unfortunately, every action brings an equal and opposite reaction. When they judge other, they form an image of who they want to be, and who they would never be. So when a girl laughs at a fat girl in bikini, she would never go to the pool if she gains weight. So Darwin's idea comes back to haunt the girl.

"See, you are already not getting what you want, you can't even go swimming, next you will lose your boyfriend."

This is when pressure sets in, and the reason for all the social disorder on the topic of young women, the act of judging.

Of course you can extend this idea to almost every social problem we have. Freud's entire study is based upon the conflict of id and superego. The id is what people really want to do. (Like going to swimming for our girl example) The superego acts as the judge that admonishes the moral actions of the girl. (A fat girl in a bikini would hurt other people's eyes)

People's actions are based upon their needs. I generally use Maslow's 5 levels as a guideline. The way they approach their needs is guided by Freud's theory. The key for a change here is to observe that things are not working. We have been teaching out children

the concept of the survival of the fittest for thousands and thousands of years. Countries are still fighting each other; big companies would kill to gain an edge. Young girls will starve to death in the most food abundant country. Worse yet, they would throw it back up when there are so many children starving to death out of poverty. Isn't it timed to observe that this teaching is not working?

Instead of seeing each other as an enemy, and a potential competitor; we need to realize that everybody is really no different from us. They are just trying to get a fair chance in life, they just want to be happy, be loved, and be great. Darwin's idea excludes the idea the multiple people can be great, only one must be the greatest. But this is not true; many people can be great at the same time without putting down each other. We don't have to put down others to look better.

Here I will be the first to show you that there is no point in judgment because everything we see is only an illusion.

I look like the first picture most of the time but when I was modeling, I all of the sudden looked like the last couple picture. You see, I want to show the contrast to demonstrate that beauty is nothing but an illusion of the perception. What you see inside is the true person.

I have not changed from the first picture to the last picture. I am still me. If you prick me, I would still bleed even if I am called beautiful. If you break my heart, I will still cry even if I am what they called ugly. And if you make love to me, I will still feel you no matter what people called me.

You see, I was in the modeling business. It is not what most people imagine. Many women have low self-esteems, eating disorders, suicidal lifestyles. Trust me, what you see in the magazines are not what many of them really look like. They have been airbrushed and covered by so much makeups that they look nothing like the real person. The entire industry is based upon putting on a mask.

It is time for us to realize this. We have been looking at fake people in magazines for too long. To make the matter worse, we try to be like them. We are try to be something that we are not, this is the biggest mistake anybody can make.

Do you see? You are beautiful. You are beautiful just being your. You are wonderfully you. You are perfectly you. Nobody else can be more perfect in being you than you. Why would you go be someone else when you are already perfect? If you see what I see, you would realize how beautiful and perfect you are. How beautiful everything really is.